

Your Child Is Over One, It's Time To Kick The Bottle Habit



From the bottle to the cup Why?

- ☺ For children to grow up healthy, it is important to kick the bottle habit. Many children stay on the bottle over one year because parents find it is easier to use than the cup.
- ☺ Your child needs to eat a variety of table foods and drink milk to grow.
- ☺ Often children will not eat table foods because they are full from drinking large amounts of milk from a bottle.
- ☺ If your child is full from drinking milk, she will miss nutrients provided by other foods.

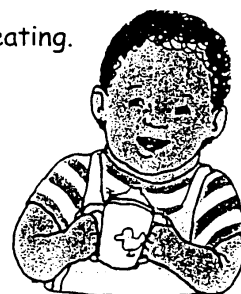
Here are more reasons for offering a cup instead of a bottle to your child:

Bad Teeth

Children may have bad teeth if they drink from a bottle beyond one year.

Why?

- ☺ Drinks from a bottle stay on the teeth longer than drinks from a cup. All drinks, except plain water, have sugar. This sugar can rot your child's first teeth.
- ☺ First teeth are important because they help your child to chew new foods and they help second teeth come in straight.
- ☺ Keep your child's smile healthy. Brush or wipe their teeth after eating.
- ☺ Help them to learn to drink from a cup at an early age.



Low Iron Blood

Children who use a bottle may get low iron blood.

Why?

- ☺ Children may fill up on drinks from a bottle. Milk, juice, and other drinks are low in iron. Table foods, especially meats, dry beans, and iron fortified cereals, can give children the iron they need to grow.

Overweight

A child who stays on the bottle past 12 months may become overweight.

Why?

- ☹ A bottle allows a child to drink more than he needs. A one year old child needs 20-24 ounces of milk and 4 ounces of 100% fruit juice daily from a cup. Drinking more than this means extra calories and extra weight. Remember, a fat child is not always a healthy child.

Ear Infections

Drinking from the bottle while lying down may cause ear infections.

Why?

- ☹ When a child drinks from a bottle while falling asleep, the liquid goes to the back of the throat, close to the inside of the ear. This is how ear infections can begin.
- ☺ While weaning, give the bottle in a sitting position and make sure that he or she does not go to sleep with the bottle.

These health problems can be easily avoided. Help your child to be healthy. Start the cup today and say good-bye to the bottle!

Weaning from the bottle

Begin using the cup early. Try these tips.



- ☺ Let your child take small sips of milk or juice from a cup.
- ☺ Slowly cut down the number of bottles and increase the number of cups each day.
- ☺ Often the morning and evening bottles are the hardest to give up. Start weaning with the daytime bottles.
- ☺ Help your child learn to use the cup.

Comforting

Your child may want the bottle for comfort, not for hunger. Your child may feel more secure if you read a story, offer hugs, a favorite toy or blanket.

How can you help your child "Kick the Bottle Habit?"

Write down different ways you can help your child start using a cup instead of a bottle.